

**Appendix 1.** 'Youth Anxiety Measure for DSM-5' part 1 questions

YAM1 – I am afraid to go anywhere without my parents.

YAM2 – At school I don't speak to the teacher at all.

YAM3 – I find it scary to meet new people.

YAM4 – I panic for no reason.

YAM5 – I worry about a lot of things.

YAM6 – I get frightened if my parents leave the house without me.

YAM7 – I find it scary to eat or drink if other people are looking at me.

YAM 8 – I suffer from anxiety or panic attacks.

YAM 9 – I think a lot about what can go wrong.

YAM10 – I am afraid that my parents will leave and never come back.

YAM11 – If I meet a new person, I don't speak at all.

YAM12 – I am afraid that others will see that I blush.

YAM13 – All of a sudden, I become so scared that my heart starts to beat very quickly.

YAM14 – I find it hard to stop worrying.

YAM15 – I am afraid that something bad will happen, so I will never see my parents again.

YAM 16 – I am afraid that I'll do something embarrassing.

YAM17 – When I panic, I am afraid that I could die.

YAM18 – I worry a lot about not doing well at school.

YAM19 – I have very scary dreams that I lose my parents.

YAM20 – At school I don't speak at all to the kids in my class.

YAM21 – I have severe anxiety attacks, during which I tremble all over my body

YAM22 – I worry a lot about all the bad things that happen in the world.

YAM23 – I am afraid that other kids don't like me.

YAM24 – I don't feel well when I have to go somewhere without my parents.

YAM25 – I don't speak at all when there is a new visitor at our home.

YAM26 – I am afraid of having a new anxiety or panic attack.

YAM27 – I don't feel well because I worry so much.

YAM28 – I am afraid that I might do or say something stupid in front of others.

**Appendix 2.** 'Perceived Stress Scale for Kids' questions

PeSSKi1 – I can think clearly.

PeSSKi2 – I feel panicky or afraid about little things.

PeSSKi3 – I feel calm and relaxed.

PeSSKi4 – I feel helpless when I have a problem.

PeSSKi5 – I feel fine with new things, new people or new places.

PeSSKi6 – I worry when something unexpected happens.

PeSSKi7 – I sleep well.

PeSSKi8 – I get upset or angry easily.

PeSSKi9 – It is hard to calm down when my feelings are too big or too strong.

PeSSKi10 – Whatever happens I can cope with it.

### **Appendix 3.** Consent forms for participant recruitment in English

#### **Assessing the Youth Anxiety Measure (YAM-5) tool for mental health screening in migrant children 8-12 years old living on the Thailand-Myanmar border**

##### **Participant Information Sheet and Informed Consent Form**

*This document may have statements you do not understand. Please ask the study staff to explain to you until you completely understand them. You may discuss with your family, friends, or doctors to help you make your decision to take part in the study.*

**Full study title:** Assessing the Youth Anxiety Measure (YAM-5) tool for mental health screening in migrant children 8-12 years old living on the Thailand-Myanmar border.

**Principal investigator:** Cindy Chu

**Research site(s):** Shoklo Malaria Research Unit (SMRU)

**Sponsor:**

#### Study information

##### **Background**

We are inviting your child to participate in a research project at the Shokolo Malaria Research Unit (SMRU). Your child is being asked to participate in this research as they are a migrant child aged 8-12 living on the Thailand-Myanmar border. The research is assessing a survey called 'YAM-5'. This consists of 74 short questions which children answer to help us understand their emotional wellbeing. The survey has been made in America and we want to see if it is useful for migrant children in Thailand.

We will test the survey by asking children to answer the questions and then interview them about it. We want to know if they understood the questions they were asked and what they thought of the questions. The children will attend one session in which they take the survey and are then interviewed about it afterwards. This will take approximately one hour.

The research is testing the questions in the survey itself and not the children's responses to it. We will not be using the research to assess your child's emotional wellbeing. Nothing will happen to your child because of their answers to the survey. Participation is voluntary and your child can choose to stop participating at any point during the session. There is more information about the research on this form and you can ask more questions if you have them. If you choose for your child to participate in this research, then we will ask you to sign this form. We will give you a copy of this form as well.

##### **Study procedures**

If you agree for your child to participate, they will attend one session lasting approximately one hour. There will be two activities during the session.

Completing the YAM-5 survey – Your child will be asked to answer the 74 questions on the survey with a researcher.

Interview – Your child will be asked questions about the survey. This will include whether they understood what they were asked and what they thought of the questions.

We will audio-record this interview/discussion. If you do not want us to audio-record the interview, please do not agree for your child to participate in this study. The recording will be typed into the computer. Study staff will listen to the recording and write down what your child said.

##### **Privacy and confidentiality**

We will protect your child's privacy and personal information. We will use a number instead of your child's name in the study forms and on the audio-recording. We will keep the study forms locked and the

computers protected with a password. All audio files will be destroyed when all the transcripts have been completed and verified. After the data have been entered into the electronic database, all data formats will be deleted within 10 years of study completion. Only the study staff will have access to see your records.

In addition, groups that supervise or fund the study have permission to see the study data. These groups may include the members of the Ethics Committee, research monitors, auditors, and/or the regulatory authority. However, these people agree to keep the information private. All data we collect will be kept confidential by the study team. No person or group can see the data without agreement and supervision from the study team.

#### **Data sharing with other researchers**

The data will be stored with restricted access at SMRU. The information we collect may be written in a publication so everyone can learn from it. If the data is shared with other researchers, it will be combined with data from other participants and will not include personally identifiable information.

#### **Risks**

There will be little to no risk for your child from being in this study. You may be worried that people will learn of their specific answers. Their answers and opinions will be confidential and will not be discussed outside of the study team. They do not have to answer any questions that you do not want to answer. Participation in this study is not linked with their future health care.

#### **Benefits**

Being in this study will not help you or your child personally. What we learn will be help us understand if the questions in the survey can be used to assess the emotional wellbeing of migrant children in Thailand. It may help us make a new survey with different questions which can do this better.

#### **Voluntary participation**

Your child's participation in this study is completely voluntary. You can say no and so can they. Your child can refuse to participate or withdraw from the study at any time, even if you and they already agreed. If they stop participating in this study, there will be no negative consequences. If you or they do not agree to take part in this study, there will be no consequences for your health care or work at SMRU in the future.

#### **Compensation and costs**

You will be given a small gift for your child's participation in this study. They will also be provided with beverages and snacks during the study. It will cost you nothing to be in this study. If you have travel costs to join the study, you will be reimbursed for that cost.

#### **Contact information**

You may have questions about your participation in the study or your information. Please talk about your concerns with the study team at any time.

### **Appendix 4. Assent forms for participant recruitment in English**

#### **For participant 7-12 years old**

Complete and attach a PIS-ICF signed by the parent/caregiver

**Short title:** Youth understanding of questions that measure anxiety and stress

**Principal Investigator:** Cindy Chu

**Sponsor:** University of Oxford

### **Introduction**

We are inviting you to participate in a research study. A research study is a way to learn new things. In this study, we will check a set of questions which are designed to help understand children's mood and what makes them scared or stressed. These questions are called the YAM-5 and PeSSKi questionnaires. We want to know if the questions are good to use for migrant children along the border in Thailand. When the study is over, we will know what the migrant children think about the questions.

We are inviting you to participate because you are aged between 7 and 12, and you live on the border of Thailand and Myanmar. You can choose if you want to be in this study. You can ask questions at any time. You can say no. If you say yes, and change your mind later, you can stop any time. Your parents or caregiver must also say you can participate in the study. No one will push you to participate if you don't want to.

### **Study details**

If you agree to be in this study, you will be asked to sign this assent form. If you cannot read or write, you will make your mark in front of an adult who can read and write, so we can be sure you understand the study.

If you say yes, then you will have an interview with a researcher. Here, we will ask you the questions from the survey. We will then interview you about the questions. We are not testing you with the questions or using them to see how your mood is. We just want to know your opinion about the questions. We want to know if you understood them and what you thought about them. This will take around 30 minutes.

If you say "no" to this study, nothing bad will happen. It is up to you if you would like to be in the study. It will not cost you any money to be in this study. We will give you a gift equivalent to 100 THB for your participation in this study.

### **Confidentiality**

We will not tell anyone else that you are in this study because we will keep your information private. Only the people who work in the study are allowed to see your information (like name, age, where you live). We will protect your privacy in this study. We will use a number instead of your name in the study forms. During the study, we will use a number to link your name with the study number. Only the study staff will have access to the number. We will keep all study forms locked and data will be entered in computers protected with a password.

People that supervise for the study (for example the Ethics Committee, research monitors) can see your study information. These people agree to keep your information private, and they will not see information that identifies you.

The results of the study may be shared to the public. It will be combined with data from other participants and it will not be linked to you.

### **If you do not want to be in the study**

You do not have to be in this study. If you join and decide later that you want to stop, you can tell us. We will not get angry at you and you will not get in trouble if you stop. If you have any problems when you are in the study, please tell us.

**Appendix 5. Cognitive interview guide**

*After asking each question, participants should be asked the following two questions:*

- 1) In your own words, can you explain what this question is asking?

2) Do you know what all the words mean?

*The study team member will confirm understanding and outline any areas of uncertainty*

**Appendix 6. Semi-structured interview guide**

*Before being interviewed, participants should be asked the 28 questions from the YAM-5 survey and 10 question from the PeSSKi survey. If needed, they may refer back to the questions during the interview. The questions in italics can be asked if participants require further prompts.*

1. What did you think about the questions you were asked?
  - a. *Did you understand the questions?*
  - b. *Were there any questions or words that you didn't understand?*
  - c. *Was there anything mentioned in the questions which you didn't know what it was?*
  - d. *Was there anything mentioned in the questions which you had never experienced or seen?*
  - e. *Did you understand why you were being asked the questions?*
  
2. What parts of the questions did you find confusing?
  - a. *Tell me about parts of the questions which were confusing for you.*
  - b. *Were there any questions which you were unable to answer because you were confused by what they meant?*
  - c. *Were there any questions you were unable to answer because the situation did not apply to you? For example, it involved something you had never seen or done.*
  - d. *Were there questions which you think other children who are similar to you might find confusing?*
  
3. How did you feel when you were answering the questions?
  - a. *Tell me about how you felt when answering the questions.*
  - b. *Do you like answering questions about your emotions?*
  - c. *Do you think other children like talking about things which scare them?*
  - d. *Do you think it is good to think and talk about your emotions?*
  
4. Did the questions ask about the right sort of things?
  - a. *Are there things that you are scared of which you weren't asked about in the questions?*
  - b. *Are there ways that you feel when you are scared which you weren't asked about in the questions?*
  - c. *Are there things that you do when you are scared which weren't asked about in the questions?*
  - d. *Are there things you think other children might feel or do when scared which weren't asked about in the questions?*

5. Do you think these questions are a useful way to help other people understand your feelings?
  - a. *Tell me about ways you use to tell people how you're feeling.*
  - b. *Do you find this easy?*
  - c. *What did you think about answering these questions as a way of telling people how you are feeling?*
  
6. Do you think these are useful questions for testing whether children are anxious?
  - a. *Can you think of different questions which you think would be better?*
  - b. *Can you think of ways to make the questions easier to understand?*